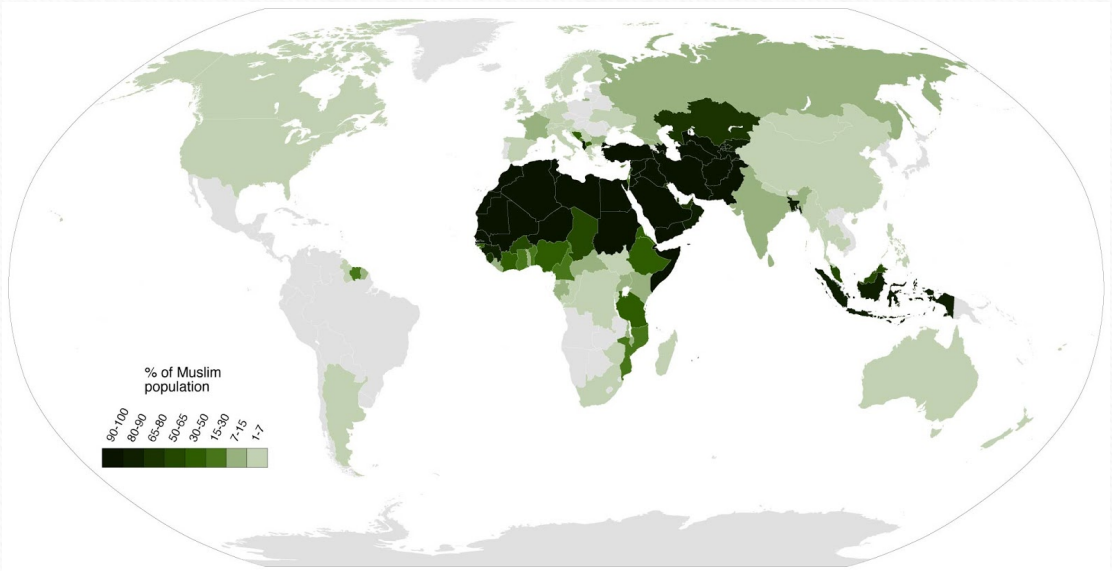
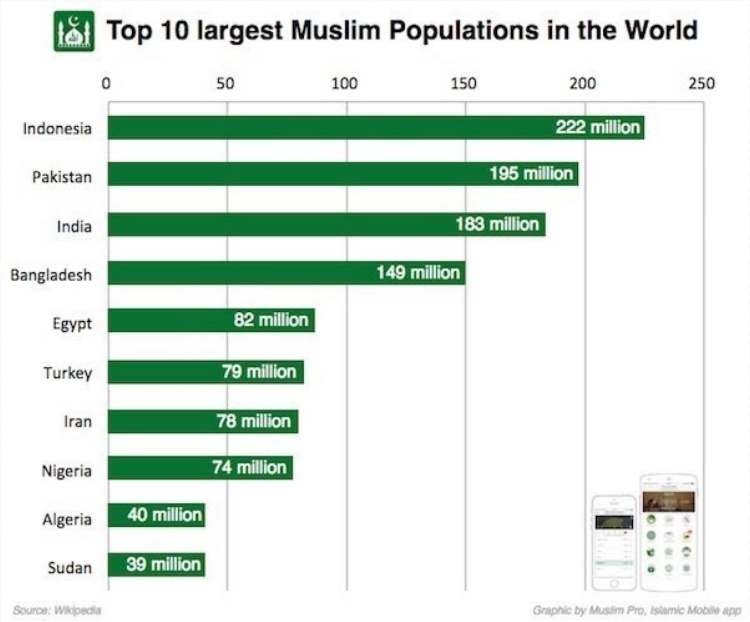
FOOD FROM THE MUSLIM WORLD

Muslims live all over the world. Just because a person is Muslim, does not mean that they are Arab, a common misconception. In fact, countries with the highest Muslim populations are Indonesia, India and Pakistan. Just like the diversity in countries and culture, so is the food eaten by Muslims around the world.

MUSLIM POPULATION AROUND THE WORLD





HOSPITALITY

Surely, if you visit a Muslim neighbor you will be greeted and offered a hot cup of tea or coffee any time of day! It's a gesture of welcoming and honoring their guests.

Middle East and Turkey

Coffee – Strong black coffee is usually ground with cardamom. Served in elegant mini cups.

Click here for recipe!!

HOSPITALITY

North Africa

Tea- Served in a variety of ways across the globe. In northern Africa, it is commonly made without milk and brewed with fresh mint leaves.

Click here for recipe!

South Asia and India

Chai – Well recognized for its milky appearance and addition of warm spices.

Click here for recipe!

Your Muslim neighbors in the Metro Detroit area may serve up hospitality through different dishes. Even though many are similar or have similar names, the tastes will vary from table to table. Take a peek, do you recognize some of these well-known dishes?

AFGHANISTAN - *Bolani*

MOROCCO - *Couscous*

BANGLADESH - *Bhorta*

PALESTINE - *Falafel*

MALAYSIA - *Papparoti*

SYRIA - *Kibbeh*

PAKISTAN - *Chapli Kabob*

LEBANON – Tabouli

EGYPT – *Koshari*

INDONESIA – *Coconut Rice*

SAUDI ARABIA – *Mutabbaq*

SUDAN – *Ful Medamas*

IRAQ – *Masgouf*

TURKEY – *Doner Kabab*

IRAN – *Chelo Kabab*

YEMEN - Sabaya

NIGERIA – *Jollof Rice*

BOSNIA – *Bey's Soup*

CELEBRATIONS AND HOLIDAYS

Muslims all over the globe celebrate two major holidays. During the blessed ninth month of the Islamic calendar, called Ramadan, Muslims fast between dawn and dusk. It is a time to increase in spiritual devotions, good deeds and charity. The first holiday, **Eid al Fitr** (Festival of Breaking the Fast), marks the end of the month of Ramadan. The second holiday occurs in the twelfth month with the completion of the Hajj (or pilgrimage) to the holy city of Mecca. The end of Hajj is celebrated with **Eid al Adha** (Festival of Sacrifice). Muslims all over the world gather with friends and family dressed in their best and enjoy all kinds of various foods from their region.

CELEBRATIONS AND HOLIDAYS

Traditions vary from east to west as do the wide flavors and celebratory foods.
Let us explore some sweet treats Muslims enjoy during Eid!!

SWEET TREATS

Whether baked fresh at home or enjoyed in cafes, indulging in desserts can highlight an eid holiday or any celebration with friends and family.

Egypt

Oum Ali (Bread Pudding)

Puff pastry is soaked in sweetened milk and topped with nuts and raisins.

Click here for recipe!!

…SWEET TREATS

Mediterranean

Baklava

Layers of crispy buttery phyllo sough and nuts sweetened with honey syrup

Click here for recipe!

Pakistan

Jalebi

A light fried batter soaked in a simple syrup that is crispy and chewy on the inside.

Click here for recipe!

…SWEET TREATS

Middle East

Basbousa

A semolina-based cake soaked in simple syrup.

Click here for recipe!

Brazil

Beijinho de Coco

Translated to “little kiss”, these mini coconut and milk balls are a sweet treat.

Click here for recipe!

…SWEET TREATS

Spain, Mexico and Latin America

Flan

A baked sweet egg custard topped with caramelized sugar.

Click here for recipe!

Other Treats and Main Dishes

Traditions vary from east to west as do the wide flavors and celebratory foods.

Click her to Explore!

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TO YOUR HEALTH!

Pour ta santé *(French)*

на ваше здоровье *(Russian)*

आपकी सेहत के लिए (Hindi)

A tu salud (Spanish)

Alla vostra salute (Italian)

Sağlığına (Turkish)

Para sua saúde (Portuguese)

Στην υγεία σου (Greek)

Auf ihre gesundheit (German)

Sağlığına (Turkish)

あなたの健康に (Japanese)

Et sanitas tua (Latin)

Sa iyong kalusugan (Filipino)

为了你的健康 (Chinese)

Untuk kesehatan anda *(Indonesian)*

(Hebrew) לבריאותך

(Arabic) لصحتك